

# The Soup Book

An Homage to Kropotkin

In 1892, the Russian Anarchist author Peter Kropotkin published his book *The Conquest of Bread*. Kropotkin laid out what he believed were the fundamentals of success for any revolution: the people must be fed, clothed, and housed.

In the 138 years since Kropotkin's affectionately-called "Bread Book," the anarchist struggle continues. Anarchists and revolutionaries the world over fight to provide for the basic needs of the human family: food, clothing, shelter, and medicine.

J. Edgar Hoover once called the Black Panther Party's breakfast program, "the best and most influential activity going for the BPP and, as such, is potentially the greatest threat to efforts by authorities to neutralize the BPP and destroy what it stands for."

As we fill the bellies of our communities, we make the world a better place. We strengthen communal ties and remove the chains of imperialism, colonialism, and capitalism.

*The Soup Book* contains a series of recipes to help you fulfill those needs.

Whether you are organizing a soup kitchen or sharing a meal with fellow comrades, we hope that you will find the joy that comes with a bowl of soup.

*We shall overcome!*

### **Note on the Recipes:**

Unless specified by the phrase: "Large Crowd" the recipe is for a small group

## Butternut Squash Soup

Preparation time: 15 minutes

Cooking time: 45 minutes

Servings: 6 to 8

1 small green pepper, chopped 2 c

Soy milk

1 small onion chopped 1 T Flour

1 t Parsley Flakes 1 t salt

1/8 t Thyme leaves 1/3 t pepper

1 bay leaf 2 c cooked Harvest

Medley Rice

¼ c water

1 can (9 oz) diced tomatoes

2 c Butternut Squash, cooked & mashed

2 c water

2 t Chicken bouillon

### How to:

In a Dutch oven, sauté pepper, onion, parsley, thyme & bay leaf in water 5 minutes. Add tomatoes, squash, water & bouillon. Bring to a boil, reduce heat, simmer 30 minutes, stirring occasionally.

In small bowl, combine flour, milk, salt & pepper, blend well. Stir into soup mixture. Add Rice. Cook over medium heat, stirring frequently until mixture boils. Remove bay leaf & serve.

## Song Soup

1 c celery, chopped (or ½ c dried)

2 T Worcestershire sauce

1 large onion chopped 2 T Parsley flakes

1 clove garlic 2 t Thyme

5 parsnips, sliced 2 t Rosemary

2 c carrots, sliced 2 t Beef

bouillon

3 potatoes, diced ½ t Sage

1 sweet potato, diced 1 Bay leaf

3 c water 1 t salt

2 cans chopped tomatoes 1/8 t

pepper

1 small can tomato sauce 1 can

green beans

2 small cans tomato paste

### How to:

In a Dutch oven, sauté celery, onion, & garlic. Add remaining ingredients, except green beans, simmer 30 – 45 minutes, stirring occasionally. Add green beans, heat and serve.

## Creamy broccoli and mushroom soup.

About 2/8 of broccoli.

About 3/8 of any kind of champion mushroom (family of mushroom most commonly found at stores).

About 3/7 onion.

The ratio of these ingredients are very flexible but will impact the taste a bit.

Powdered, cubed or liquid vegetable stock.

Any cooking oil.

Optional: Cooking cream / vegan cream / soy milk / any other cream substitute.

Spices:

Garlic powder.

Salt.

Pepper.

Optional:

Gastromat.

Soy sauce.

Nutritional yeast.

### How to:

Roughly chop up mushrooms and onion.

Cook up your vegetable stock and boil your broccoli (you can boil your

broccoli in the vegetable stock but this can take away a bit of flavor from the stock). As you are doing this put oil in a pan and cook your mushrooms and onions with salt and pepper until they are soft.

Combine mushrooms, onion and broccoli in one pan, pour over vegetable stock to cover 1/2-2/3 of the ingredients and blend together. Add cream or cream substitute if needed, season to taste and serve.

### **1 Pot Spicy:**

1/10 apple  
1/10+ onion  
8/10 canned chopped tomato or fresh chopped tomatoes.

Butter or any other form of cooking oil.  
Powdered, cubed or liquid vegetable stock.  
Cooking cream / vegan cream / soy milk / any other cream substitute.

Curry paste or curry powder.  
Salt.  
Pepper.  
Sugar.  
Chili powder or fresh chili.

Optional: sour cream, creme fresh or any other substitute.

#### **How to:**

Peel apple and finely chop up both apple and onion. Cook up your vegetable stock.

Add a generous amount of butter or oil to a pan and add in curry and chili as desired. Add apple and onion on medium-high heat, after a short while turn down the heat and add tomatoes, vegetable stock and cooking cream or

other cream substitute. Add a small amount of sugar and let the soup lightly boil until it has reached a creamy consistency. Add salt and pepper to flavor and serve.

### **Grandma's Soup**

1 lb. ground beef  
1 46 oz. can tomato juice  
2 10-oz. cans cream of celery soup  
¼ c. minced onion  
2 c. grated carrots  
1 c. water  
¼ t. garlic powder  
¼ t. pepper  
⅛ t. marjoram  
1 bay leaf  
1 T. sugar

#### **How to:**

Brown ground beef and drain excess fat. Add all ingredients and cook for 15-20 minutes.

### **Potato Sausage Soup**

1 lb. sausage  
1 ½ c. diced celery  
½ c. chopped onion  
1 t. dried thyme  
3 tsp. chicken bouillon  
4 T flour  
5 c. water  
8 c. peeled & diced potatoes  
2 c. milk

#### **How to:**

In large soup pot, brown sausage over medium heat. Drain all but 1 T drippings. Saute celery and onion until onion is tender. Stir in thyme, bouillon, and flour. Gradually add water, stirring until the mixture comes to a boil. Add potatoes. Cover and simmer 25 minutes or until potatoes

are soft. Remove from heat and roughly mash potatoes. Add milk and heat through.

## Chicken Noodle Soup

1 lb. chicken, cooked and chopped  
1 lb. carrots, sliced  
6 stalks celery, sliced  
1 onion, chopped  
6 tsp. chicken bouillon  
1 tsp. dried basil  
2 T. dried parsley  
1 bay leaf  
12 c. water  
8 oz. egg noodles  
6 T. cornstarch  
6 T. cold water

### How to:

Place chicken, carrots, celery, onion, bouillon, basil, parsley, bay leaf, and 12 c. water in a large pot. Bring to a boil and simmer 30 minutes. Add egg noodles and cook 7 minutes. Mix together cornstarch and cold water. Slowly stir into soup. Boil until thickened.

## Beef Stew

2 lb. carrots, sliced  
4-6 potatoes, cubed  
8 stalks celery, sliced  
1 lb. beef stew meat  
½ c. flour  
3 t. salt  
1 t. garlic powder  
1 t. onion powder  
1 t. beef bouillon  
1 bay leaf  
2 c. water  
2 t. Worcestershire sauce

### How to:

Place all ingredients in a crockpot. Mix well. Cook 8-10 hours on low, or 4-5 hours on high.

## Potato Soup -Large Crowd

100 lbs. potatoes  
70 lbs. ham – smoked not fresh ham –  
70 lbs of ham w/ out bone, skin or fat  
70 lbs. onions  
2400 oz Campbell's cream of  
mushroom soup – try to use low  
sodium as the regular is too salty.  
There are 32 oz in a can, so you would  
need 75 cans  
15 lbs. barley  
15 jars Ham base (16 oz) – use low  
sodium and perhaps fewer jars or none  
Carrots and Celery are good to add  
and help to stretch the soup.

### How to:

Preheat pot with enough water to cover the bottom. Peel and slice potatoes about one inch Cut ham into cubes – (no bones, skin, or fat) Slice onions ¼ to ½ inch thick Add potatoes, ham and onions with enough water to cover, Add celery & carrots. Cook until potatoes start to soften Add soup and ham base to taste. Once potatoes break down, lower the heat.

## EASY BEEF STEW – Large Crowd

Ingredients 12 lbs beef stew meat  
30 stalks celery  
30 large carrots cut in 3" chunks  
50 potatoes, peeled and cut in chunks  
6 can green beans (un-drained)  
6 cans small whole onions (un-drained)  
6 large cans diced tomatoes  
3 cups tapioca  
6 Tbsp salt

**How to:**

Mix all ingredients together and divide the ingredients between two large roasting pans. Cover and bake in a slow oven, 275 degrees for 6 hours/pan

## **BROCCOLI CHEESE SOUP – Large Crowd**

7 c. water  
 6 packets MBT chicken broth  
 1 lg. (or 2 med.) frozen broccoli cuts  
 1 med. onion, diced and sauteed (optional)  
 1 (8 oz.) pkg. thin spaghetti pasta  
 6 c. milk (can use light evaporated milk)  
 1 lb. Velveeta cheese (regular or light)

**How to:**

Add 7 cups water to large pan.  
 Add MBT chicken broth.  
 Add broccoli cuts.  
 Add sauteed onions (optional).  
 Add pasta (break into 4 parts); cook 4 minutes.  
 Add milk; bring just to boil. Turn off stove. Add cheese and cover (melts by itself). Can be transferred to crock pot for serving. Serves 12-16.

## **CHILI FOR A GROUP – Large Crowd**

20 lb. ground beef  
 10 lg. onions, chopped  
 1 stalk celery, chopped  
 1 (4 oz.) can chili powder  
 Salt to taste  
 Pepper to taste  
 2 (6 lb. 10 oz. or 106 oz.) stewed tomatoes, crushed

2 (6 lb. 10 oz. or 106 oz.) red kidney beans

8 (36 oz.) cans tomato juice

3 lg. cans tomato paste

1 tsp. Tabasco sauce

**How to:**

Brown ground beef. Let cool enough to skim off some of the fat.

Saute onions and celery until just wilted. Add to meat and sprinkle with chili powder, salt, and pepper.

Add tomatoes, kidney beans, tomato juice, tomato paste, and Tabasco sauce. Simmer for 1 1/2 hours. Let set overnight. Simmer for 2 hours or more before serving.

VARIATION: Chili-mac. Add cooked macaroni just before serving. Serve with chopped onions, Cheddar cheese (shredded) and have extra Tabasco sauce and chili powder available. Serves approximately 50 people.

## **FIREHOUSE CHILI – Large Crowd**

3 (46 oz.) cans tomato juice

1 (29 oz.) can tomato sauce (seasoned if desired)

1 (29 oz.) can tomato paste

2 (28 oz.) cans stewed tomatoes (seasoned if desired)

1 can chili powder

6 (15 oz.) cans Brooks chili hot beans

1 to 2 chopped bell peppers

1 to 2 chopped onions

5 lb. ground beef

1 lb. smoked sausage, chopped

1 lb. ground sausage

**How to:**

In large soup kettle, brown ground beef and sausage with onion and bell peppers. Drain any excess grease and then add remaining ingredients. Heat to a full boil, then reduce heat and simmer on low for 1 to 2 hours. Season to taste. Serve with Fritos and grated cheese.

## De L'epee Festival Seafood Gumbo – Large Crowd

Yield - about 3 Gallons (50 1 cup servings). Make 2 1/2 recipes for 100 people.

### Note:

This is best made the day before with the seafood and file' added when it is reheated for serving. It is a popular recipe, not as thick as a Cajun gumbo would be, nor as thin as a Creole seafood gumbo would be. Best to freeze before adding the file' and seafood, but has been successfully frozen and carefully reheated after thawing. Overheated, the file' turns to bitter strings, so if you plan to freeze, omit the file' until reheated for serving.

1 6 to 8 pound picnic ham with bone  
peels and tails from the shrimps you  
will be using  
6 quarts water  
2 -1/2 cups medium dark roux  
3 cups (1 1/4 pound) onions, diced 1/4"  
pieces  
3 cups (1/2 head) celery, chopped with  
leaves  
3 cups (1 1/2 pound) bell peppers,  
diced 1/4" pieces  
1/2 cup tomato paste  
1/2 cup fresh minced garlic  
2 teaspoons whole thyme leaves  
2 teaspoons dried oregano  
1 tablespoon dried basil  
1 tablespoon ground black pepper  
4 whole bay leaves  
2-3 teaspoons ground cayenne pepper  
1 tablespoon kitchen bouquet  
2 cups crushed tomato pieces  
1-1/2 pounds catfish fillets, no bellies  
or bones  
6 gumbo crabs, cracked, cleaned and  
split into 8

OR 2 pounds crab claw meat with  
liquid

1 tablespoon gumbo file'

1 quart oysters with liquid

3 pounds fresh shrimp\*, peeled and  
deveined (31 - 35 count)

2 gallons cooked long grain rice,  
preferably cooked with chicken stock  
salt to taste, but not until after the  
seafood is added, it has a lot from the  
ingredients

### How to:

Two nights before, prepare the ham  
stock. Simmer the ham bone, seafood  
peels/shells and water in an 8 quart  
crockpot on low overnight. Strain,  
shred the meat into bite size pieces  
and return meat to the stock. Chill  
until ready to use.

The day before serving, prepare the  
gumbo base. Use a braiser or 20 quart  
stock pot and whisk the roux. It takes  
3-5 minutes over high heat, but if you  
have never made roux, use medium  
heat and take 20 minutes. NEVER  
USE A SCORCHED ROUX; it will  
ruin the entire dish. If you burn it start  
over. Once the roux is a warm  
beautiful golden brown, add the  
onions, celery, bell pepper, tomato  
paste and garlic to the roux and  
simmer stirring over medium low heat  
until all vegetables are very limp,  
about 30 minutes.

Add remaining ingredients including  
the stock (except gumbo fil, oysters  
and shrimp, and rice) to the gumbo  
base; simmer over low heat for 45  
minutes. Break up pieces of catfish (in  
the gumbo) with a chef's spoon. Allow  
gumbo to cool for 30 minutes, cover  
and place overnight in the refrigerator.  
To cook and serve the gumbo the  
same day, add an additional 20 to 30  
minutes of covered simmering time  
before adding the seafood to marry the  
flavors.

When ready to serve, bring gumbo to low boil; remove a cup of the liquid and mix with the fil gumbo. Make a paste and add to the gumbo, whisk in completely. Add oysters and shrimp, curl the oysters and turn shrimp pink (3 - 5 minutes) and serve over a scoop of 2/3 cup cooked rice.

Serve with additional gumbo fil and hot sauce on the table. There is no extra salt specified in the recipe. Oysters and crab can be very salty, so don't add salt until you adjust the seasonings just before serving. \* If frozen shrimp are used, get the smaller, 70 - 90 count shrimp, this lessens the taste difference between fresh and frozen.

## **Crockpot Beefy Minestrone – Large Crowd**

Use a 7 quart or larger crock pot. The whole recipe feeds about 24. For family use, make the soup base, divide into 3 parts and freeze two.

### **Soup Base:**

3 pounds lean beef stew meat  
PLUS any beef bones available  
2 quarts water (may use 1 cup red wine)  
2 28-ounces cans diced or stewed tomatoes in juice  
3 beef bouillon cubes  
OR 1 1/2 tablespoons soy sauce  
1 pound onion, chopped  
1/4 cup tablespoon dried parsley  
2 tablespoons Italian seasoning (garlic free, such as "Tone's")  
2 1/2 teaspoon salt, optional  
1/2 tablespoon ground thyme  
1 teaspoon pepper

### **Finish:**

1/3 soup base  
3 1/2 cups water (may use 1/2 cup red wine)  
1 medium zucchini, thinly sliced  
2 cups (1/2 pound) cabbage, finely slivered

2 cups (1 can 16-ounces) cooked garbanzo beans OR red kidney beans, drained  
1/2 pound green beans, short cuts, not frenched  
1 cup uncooked small elbow or shell macaroni  
1 clove garlic, peeled and crushed, or to taste OPTIONAL  
1/4 cup parmesan cheese, grated, for garnish OPTIONAL

### **How to:**

In a slow cooker, combine beef, water, tomatoes, bouillon, onion, parsley, salt, thyme, and pepper. Cover and cook on low 7-9 hrs. or until meat is tender.

Remove bones, divide into three parts. Each part will be about 2 to 2 1/2 quarts. Freeze two parts in containers or multiple half gallon zipper freezer bags.

To use the frozen ones, thaw overnight in refrigerator and finish on top of the stove over medium heat OR place in crockpot on low with water indicated for 7 hours, then finish as if just made.

To finish, add water, zucchini, cabbage, beans, macaroni and optional garlic. In crockpot, cook on high, covered, about 30-45 minutes or until the pasta and vegetables are tender. On stove top, simmer covered about 30 minutes or until the pasta and vegetables are tender. Sprinkle individual servings with Parmesan cheese for garnish, or pass cheese at the table, if desired.

## **Cream of Summer Squash Soup – Large Crowd**

### **Note:**

3 gallons or 50 1 cup servings.  
Triple recipe for 100 main dish servings. May substitute cooked or



frozen spinach or broccoli for the squash.

1/3 cup oil, butter or vegetable margarine  
 3 1/2 pounds chopped onions, (purchase 4 1/4 pounds raw)  
 OR may substitute or add finely diced celery with leaf  
 3 tablespoons garlic, minced  
**OPTIONAL**  
 5 tablespoons basil  
 20 tablets (about 2 cups) bouillon powder, vegetable or chicken  
 1 gallon water  
 10 pounds 8 oz zucchini, unpeeled, grated OR other summer squash  
 OR spinach or chopped broccoli  
 3 quarts low-fat milk  
 2 cups nonfat dry milk powder  
 1 cup parsley, flat preferred, leaf only chopped  
 1/4 cup salt-reduced soy sauce  
 2 tablespoons Worcestershire sauce  
 1 1/4 teaspoons nutmeg  
 3/4 teaspoons white pepper  
 1 teaspoon ground red pepper OR tabasco  
 22-24 ounces oyster crackers or goldfish crackers for garnish

#### **How to:**

In a large, heavy pot, heat oil or fat. Add onions or celery, cover and cook over medium heat for 10 minutes. Stir often. Add garlic if used, basil and bouillon. Cook for 5 minutes more. Add water and bring soup to a boil. Add zucchini, bring to a boil again, lower to simmer and cook, partly covered, for 15 minutes.

In a blender or food processor, puree vegetable mix until smooth. Return mixture to pot.

Add low-fat milk, powdered milk, parsley, soy sauce, Worcestershire, nutmeg, pepper and tabasco. Heat until hot.

Garnish each bowl with a sprinkle of goldfish or oyster crackers if desired.

## **Borscht la Russe – Large Crowd**

#### **Note:**

This is a famous traditional vegetable beef soup, not the more familiar sweet and sour beet broth.

3 gallons or 50 1 cup servings. Triple recipe for 100 main dish servings.

1/3 cup oil, butter or vegetable margarine

1 pound 4 oz onions, chopped

5 tablespoons garlic, minced

3 pounds red cabbage, shredded

1 pounds 8 oz bell pepper, chopped

5 poundss canned tomatoes, diced, packed in juice

5 teaspoons caraway seed

1/4 cup sugar

1 cup lemon juice

2 gallons rich beef stock with beef shreds

OR 2 gallons beef bouillon made with salt-free beef bouillon powder

2 tablespoons salt-reduced soy sauce pepper to taste

3 pounds beets, canned, shoe-string, including juice

50 small whole boiled potatoes (one per bowl)

1 1/2 to 2 cups plain low-fat yogurt or sour cream for garnish

#### **How to:**

In a heavy 16 quart or larger pot, heat oil or fat. Add onions, cover and cook over medium heat, stirring often, until soft. Add garlic and cook 2 minutes more.

Add remaining ingredients except beets. Bring to a boil, reduce heat and simmer covered for 45 minutes.

Add beets and adjust the seasonings.

To serve, place a boiled potato in the bowl, ladle on the soup, garnish each bowl with a rounded teaspoon of yogurt or sour cream.

Nutrient Analysis Per Serving:

(Portion size 1 cup) Calories 48,

Protein 1 g, Fat 2 g, Carbohydrate 8 g,  
Sodium 195 mg

### **Easy Broccoli Soup – Large Crowd (50)**

5 (20 oz.) pkgs. frozen broccoli  
3 1/2 c. water  
3/4 tsp. salt per pkg.  
1 (50 oz.) can cream of mushroom soup  
1 (50 oz.) can cream of chicken soup  
5 cans evaporated milk  
2 sm. cans cream of celery soup

#### **How to:**

Cook frozen broccoli until done, using 3 1/2 cups water and 3/4 teaspoon salt per package. Use the water that broccoli has been cooked in and add rest of ingredients. Heat in a double boiler, do not boil.

### **Cream of Broccoli Soup – Large Crowd (50)**

2 1/2 c. margarine  
2 c. onions, diced  
2 c. celery, diced  
8 c. broccoli cuts  
2 c. flour  
12 qt. chicken stock  
4 c. warm milk  
4 c. grated Cheddar cheese

#### **How to:**

Sauté onions, celery and broccoli in margarine; add flour and simmer until vegetables are crisp. Add chicken stock and milk. Add seasonings and grated cheese. Stir until cheese is melted.

### **Cheese & Corn Chowder – Large Crowd (50)**

#### **Note:**

This serves 50 and is low fat and gluten free.

1 qt water (4 cups)  
3 1/2 qt potatoes, diced  
2 qt. carrots sliced  
2 qt. celery chopped  
2 Tbsp. salt  
2 tsp. pepper  
3 1/2 qt. cream style corn  
3 1/2 qt. skim milk  
1 lb. low fat colby cheese, grated

#### **How to:**

Combine water, potatoes, carrots, celery, salt, and pepper in a large kettle. Cover and simmer 10 minutes. Add corn and simmer 5 more minutes. Add milk and cheese, and stir until cheese melts and chowder is heated through. Do not boil.

### **SPLIT PEA SOUP – Large Crowd (50)**

2 qt. (3 1/2 lbs.) split dried peas  
7 qt. water  
3 qt. ham or corned beef stock or cubed or canned bouillon  
3 onions  
1 c. butter or margarine  
1 c. flour  
2 qt. hot milk  
Salt  
Pepper

#### **How to:**

Wash the peas and soak them overnight. Drain peas. Cook slowly, with the water, and stock or bouillon and onion for 3 hours or until the peas are very soft. Add more water if necessary. Rub through a strainer. Bring to boiling point. Melt the butter in a separate pot. Stir in the flour until smooth. Add the milk, cook and stir

until slightly thickened. Add to the pea mixture.  
Stir and heat to boiling but do not boil.

### **Split Pea Soup – Large Crowd (24)**

2 large onions, chopped  
8 stalks of celery, chopped  
1/4 c. olive oil  
6 qt.. water  
8 chicken bouillon cubes  
4 lbs. of split peas  
1 tsp. oregano  
1 tsp. garlic powder  
1 bay leaf  
4 c. ham, trimmed and cubed  
5 med. carrots, diced  
fresh ground black pepper, to taste

#### **How to:**

In large, flat-bottomed stock pot, heat olive oil and sauté onions and celery until fragrant and soft. Add water, bouillon cubes, split peas, oregano, garlic, bay leaf and ham. Simmer over low heat for 1 1/2 hours, stirring frequently and watching that soup doesn't start to scorch as it thickens. When soup has thickened quite a bit, remove bay leaf and add carrots, then simmer on very low heat for another 1/2 to 1 hour. Season with black pepper to taste.

### **New England Clam Chowder – Large Crowd**

50 portions (about 3 gallons)  
1 cup servings, make in heavy 5 gallon stock pot  
3 qt. (6 lb.) chopped canned clams  
water (as necessary)  
2 qt. diced fresh white potatoes  
8 oz diced bacon  
1 qt chopped onion  
1 1/2 cup (3 sticks) butter or margarine  
2 cup all purpose flour  
1 1/2 qt nonfat dry milk  
1 1/2 gallons hot water

3 Tbsp salt  
1 tsp black pepper

#### **How to:**

1. Drain clams and save for use in step 4. Add water to clam juice to yield 1 gallon liquid. Put liquid and potatoes in stock pot. Cover and simmer 20 minutes or until potatoes are tender.
2. Fry bacon in heavy frying pan over low heat, stirring frequently, until bacon is crisp. Remove bacon to stock pot with a slotted spoon.
3. Fry onions in bacon fat over moderate heat, stirring occasionally, until onions are golden. Add butter or margarine to onions; stir over low heat until melted; add flour and cook and stir until smooth. Cool.
4. Blend dry milk into water and add with clams to potatoes. Add flour mixture to chowder. Cook and stir over moderate heat until smooth. Reduce heat and simmer, stirring occasionally, about 30 minutes longer to allow chowder to thicken and develop flavor.
5. Add salt and pepper to chowder and serve hot.

### **Old Fashioned Bean Soup – Large Crowd (50)**

#### **How to:**

Wash 5 pounds large white beans.  
Let soak in 4 gallons water overnight.  
Add:  
2 meaty ham bones  
3 c. onion, chopped fine  
4 bay leaves  
6 minced garlic cloves  
Bring to boil. Reduce heat; cover and simmer 2 hours  
or until beans are almost tender.

Stir in:

1 qt. mashed potatoes  
1 qt. thinly sliced celery  
1 qt. diced carrots

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Season and simmer 1 hour. Remove ham bone, cut off and dice meat; add to soup. Heat to boiling point. Serve.

### **Apple Juice Soup – Large Crowd (20-30)**

2 lb. carrots, cut in 1/2-inch chunks  
1 small head cauliflower  
(1 1/4 lb.), separated  
1 1/4 lb. broccoli, separated into florets and tender stems, sliced into rounds, peel the heavy stems and slice them too.  
3 large onions, halved lengthwise and slice thin  
2 oz. dried sliced mushrooms  
1 lb. green beans, trimmed and cut in 2 1/2-inch pieces (about 3 c.)  
8 c. water  
1 Tbsp. garlic powder  
2 jars (16 oz. each) sodium reduced meatless spaghetti sauce  
4 c. elbow macaroni  
2 c. apple juice

#### **How to:**

Put vegetables, water and garlic powder in an 8 quart pot. Cover and bring to boil over medium-high heat. Boil 12 minutes, stir once. Reduce heat to low and cover. Simmer 60 to 70 minutes until vegetables are tender. Stir in rest of ingredients. Heat through. Serve right away or store in fridge overnight, covered. May be frozen in batches.

### **Corn Soup – Large Crowd (50)**

1 1/2 c. butter or margarine  
1 1/2 c. flour

3 tbsp. salt  
7 qt. milk  
8 (#2 cans) kernel or cream-style corn  
3 qt. boiling water  
1/2 c. chopped onion  
1 tsp. pepper  
1 tsp. paprika  
1/2 c. chopped parsley

#### **How to:**

Melt butter or margarine, blend in the flour, add the salt. Slowly pour in the milk and stir until the mixture thickens. This white sauce should cook about 5 minutes after it reaches the boiling point, with constant stirring. In a separate kettle, boil the corn in the water with the onions, pepper and paprika for 15 minutes. Add the white sauce and cook together for 10 minutes. Sprinkle a little parsley over each serving.

### **Vegetable Beef Soup – Large Crowd (50)**

8 lbs. boneless beef chuck, cut into 1/2" cubes  
1 c. all purpose flour  
1 Tbsp. salt  
2 tsp. black pepper  
1/2 c. vegetable oil  
4 cloves garlic, minced  
2 whole bay leaves  
2 tsp. dried thyme  
6 qt.. water  
60 oz. tomato sauce (4 15 oz. cans)  
46 oz. tomato juice  
12 beef bouillon cubes  
2 c. pearl barley  
2 lbs. potatoes, peeled and cubed  
1 1/2 lbs. carrots, sliced  
1 lb. chopped cabbage  
1 lb. onions, chopped  
16 oz. frozen green beans  
16 oz. frozen peas

**How to:**

Toss beef with flour, salt and pepper. In a large Dutch oven, brown the meat in batches in oil, drain. Transfer to a large stock pot or soup kettle; add garlic, bay leaves, thyme, water, tomato sauce and juice, bouillon and barley. Bring to a boil. Reduce heat; cover and simmer 1 hour. Add vegetables; bring to a boil. Reduce heat; cover and simmer 1-1/2 to 2 hours or until vegetables and meat are tender. Remove bay leaves.

### **Basic Cream Soup – Large Crowd (50)**

3/4 lb. margarine  
2 lg. finely chopped onions  
1 1/2 c. flour  
3 tbsp. salt  
1 tsp. pepper  
2 gallons hot milk  
1 qt. chicken broth

**How to:**

Melt margarine and finely chopped onions. Sauté until tender and add flour, salt and pepper, stirring until blended. Add hot milk, stir while adding. Cook until thickened. Add chicken broth.

#### **To make a variety of soups use as follows:**

Broccoli: 6 lb. cooked, chopped broccoli  
Celery: 1 1/2 lb. cooked, chopped celery  
Mushroom: 2 lb. sliced & sautéed mushrooms  
Potato: 12 lb. cooked, diced potatoes, 1 lb. fried bacon  
Spinach: 3 qt. chopped frozen spinach  
Corn: 8 c. corn, 1 green pepper, diced & sautéed, 1 lb. fried, diced bacon.

### **Hearty Vegetable Vegetarian Soup**

3 gal. low-sodium vegetable stock  
1 1/4 c. dry pinto beans (see preparation note)  
1 1/4 c. dry lentils  
2 c. dry barley  
3 1/2 c. onions, finely diced OR 3/4 c. dehydrated onions  
2 lb. finely diced carrots  
1/2 lb. finely diced celery  
1 lb. potatoes, peeled and diced  
8 oz. tomato paste  
1 tsp. pepper.  
1 lb. frozen corn  
1 lb. frozen cut green beans  
1 lb. fresh cabbage shredded (or pkg. of coleslaw mix)

**How to:**

Pour vegetable stock into large pot and bring to a boil. Add soaked pinto beans (see note below) and barley, cover return to a boil, reduce heat and simmer for 30 minutes. Add lentils, onions, carrots, celery, potatoes, tomato paste, and white pepper. Return to simmer, covered, for 20 to 25 minutes. Add corn, green beans, and cabbage (optional) and simmer, covered for 15 minutes.

**NOTE: Bean Preparation:****Soaking Beans:**

Overnight method: Add 1 3/4 qt. cold water to every 1 lb. of dry beans. Cover and let stand overnight in a refrigerator. Discard the water. Proceed with recipe.

**Quick-soak method:** Boil 1 3/4 qt. of water for each 1 lb. of dry beans. Add

beans and boil for 2 minutes. Remove from heat and allow to soak for 1 hour. Discard the water. Proceed with recipe.

## **Potato Chowder – Large Crowd (50)**

1-1/2 lb. margarine  
1 c. flour  
8 lb. potatoes, peeled and sliced,  
weigh after peeling  
2 c. water  
1 qt. sliced fresh onions  
1 gal. plus 3 qt. milk  
1 qt. celery, finely chopped  
1 qt. shredded carrots  
1/4 c. chopped fresh parsley

### **How to:**

Sauté onions in margarine until clear but not brown. Add flour and blend. Add milk and let come to a boil, stir in parsley. Steam potato, celery and carrots until tender. Add to cream sauce. Salt to taste.

**Variation:** 1 lb. cooked diced bacon can be added to the soup.